

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00AM Breakfast Bootcamp		6:00AM Breakfast Bootcamp		6:00AM Breakfast Bootcamp	
	8:30AM Silver Strength	8:30AM Chair Yoga	8:30AM Silver Strength	8:30AM Chair Yoga	8:30AM Silver Strength	8:30AM Tabata
			8:45 AM Dig Deep			
			9:00AM Gentle Yoga			
					9:30AM Cardio Boxing	9:30AM Cardio Step
	10:00AM Aqua Fit	10:00AM Warm Water Therapy	10:00AM Aqua Fit	10:00AM Warm Water Therapy	10:00AM Aqua Fit	
	10:00 AM Temple Training					
			10:30AM Slow Flow Yoga		10:30AM Cardio & Strength	
	4:30PM Temple Training	4:30PM Tabata	4:30PM Temple Training	4:30PM Tabata		
	5:30PM Step N' Strength	5:30PM Core & Mobility	5:30PM Piloxing	5:30PM Step N' Strength	5:30PM Power Yoga	
	6:00PM Power Yoga	6:00PM Power Yoga				
				6:30PM Piloxing		